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We deserve better from the CDC

by markj
Community (This content is not subject to review by Daily Kos staff prior to publication.)

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This is fine

The covid-19 pandemic is still alive and well:

- Carroll County Schools closed Thursday and Friday because of illnesses among staff, students
    - There have been so many others too
- Can’t Think, Can’t Remember: More Americans Say They’re in a Cognitive Fog Adults in their 20s, 30s and 40s are driving the trend
- UPDATED: Ann Wilson of Heart Announces She Has Cancer, Pearl Jam Latest Rock Stars to Cancel Shows, Join Neil Young, Willie Nelson on the Ailing List

The WHO has not declared the Covid-19 pandemic over

@pacoonpause

Reading the news in August 2024

♬ original sound - PacoOnPause

You have probably noticed that your friends, family and self are constantly ill with something new every few months. You may not recall that in 2019 and years prior, most of us got a few short colds per year (and generally not during the summer), and then every few years we each might catch something more severe like flu, norovirus, strep throat, etc. Rarely would you have more serious things more than once in a calendar year. You may not remember this, but I do.

Surely, this is just my anecdotal data, right?

> At least 13 communicable diseases, from the common cold to measles and tuberculosis, are surging past their pre-pandemic levels in many regions, and often by significant margins, according to **analysis** by Bloomberg News and London-based disease forecasting firm **Airfinity Ltd.**

From: **Yes, Everyone Really Is Sick a Lot More Often After Covid**

Tuberculosis has been rising for a few years now too.

Did you know that covid-19 is one of the few viruses that can infect and kill immune cells?

Acquired lymphocytopenia

Acquired lymphocytopenia can occur with a number of other disorders (see table Causes of Lymphocytopenia).

The **most common causes** include

- Protein-energy undernutrition
- HIV infection
- COVID-19
- Certain other viral infections

From: www.merckmanuals.com/...

Jessica Wildfire had a great summary blog post on it.

Let's Face It, Covid Trashed Our Immune Systems

In it, she shared a list of bookmarks on the topic. That's only scratching the surface. I'm sure there are many more in the over 425,000 covid papers to date.

Dr. Anthony Leonardi was one of the first to publicly state that covid-19 might damage our immune systems. He was written about in What If COVID Reinfections Wear Down Our Immunity?, from that article:

> But Leonardi took a different view. He didn't view COVID as a novel virus with a few unpleasant side effects but as a virus with intrinsic severity. If T cells are damaged by the first infection, then the second infection might not be beneficial and could in some

populations drive the immune system into dysfunction.

He also noted that repeated viral infections didn't always boost or improve immunity. Dengue reinfections, for example, were much more severe on the second go than on the first. In August 2020 he advised people to get the vaccine and avoid infection.

"If you don't understand what causes severe disease in COVID-19, you won't be able to imagine what might happen in reinfection," he explained in one interview last year. "We're seeing a T cell response that is late and over-responsive because COVID enters the body undetected until it's too late."

With reinfections, Leonardi feared that people could prime their body to only recall existing immune memory and mount poor immune responses to new variants. As the Dr. Leonardi translation bot noted: "Dr. AJ has warned that we're setting people up for organ damage and loss of vital function. The harm could be irreversible."

Growing evidence supports Leonardi. A preliminary (preprint) study in 2022 by U.S. researcher Ziyad Al-Aly **found** that reinfections were associated with higher risk of bad outcomes. In other words people who had second or third COVID infections had significantly higher rates of everything from heart disease to kidney disorders during the first 30 days of infection, as well as in the six months that followed, than people with just one infection.

Al-Aly didn't find that reinfections necessarily resulted in worse symptoms compared to the first infection. But his

study **pointed** to added and significant risk. In other words a reinfection may push vulnerable people depending on their age and health into severe complications, fibrosis and organ damage.

@pacoonpause Talking about the virus that must not be named in 2024. #longcovid #longcovidawareness #maskup #covidisntover #flu #mysteryillness ♬ original sound - PacoOnPause

Maybe you didn't realize that the more times you have had covid, the more in danger you are of heart attack, stroke, cognitive issues, and so much more.

- **COVID and the Heart: It Spares No One**
- **Repeat COVID-19 infections increase risk of organ failure, death**
- **Mounting research shows that COVID-19 leaves its mark on the brain, including significant drops in IQ scores**

From that last link:

> In the same study, those who had mild and resolved COVID-19 showed cognitive decline equivalent to a three-point loss of IQ. In comparison, those with unresolved persistent symptoms, such as people with persistent shortness of breath or fatigue, had a six-point loss in IQ. Those who had been admitted to the intensive care unit for COVID-19 had a nine-point loss in IQ. Reinfection with the virus contributed an additional two-point loss in IQ, as compared with no reinfection.
>
> Generally the average IQ is about 100. An IQ above 130 indicates a highly gifted individual, while an IQ below 70 generally indicates a level of intellectual disability that may require significant societal support.
>
> To put the finding of the New England Journal of Medicine study into perspective, I estimate that a three-point downward shift in IQ would increase the number of U.S. adults with an IQ less than 70 from 4.7 million to 7.5 million – an increase of 2.8 million adults with a level of cognitive impairment that requires significant societal support.

Where will our society be after 10 infections each when we have all lost 20-30 IQ points? Who will be able to go to medical school? Who will be able to become an engineer? Who will be able to pass the LSAT to go to law school?

@lolagerms This is a preview of the first minute of the crash course that premieres tomorrow!! The premiere is already set over on YouTube, so you can click to be notified when it goes live! We

That's what a vascular disease masquerading as a respiratory disease can do:

> Because COVID-19 typically affects breathing and can lead to problems such as pneumonia, many people may think it's primarily a lung disease. It's not that simple, said Dr. Nisha Viswanathan, director of the long COVID program at the David Geffen School of Medicine at the University of California, Los Angeles.
>
> "I would argue that COVID-19 is not a disease of the lungs at all," she said. "It seems most likely that it is what we call a vascular and neurologic infection, affecting both nerve endings and our cardiovascular system."
>
> It's no surprise that experts say SARS-CoV-2 – the name of the virus that causes COVID-19 – is complex, with many of its pathways just beginning to be understood. But some things are becoming clear. One of the best reviews of long COVID symptoms, Viswanathan said, appeared last January in **Nature Reviews Microbiology**. It detailed the disease's effects throughout the body, including the pancreas, blood vessels and reproductive system.
>
> "SARS-CoV-2 is excellent at triggering your immune system to go

from zero to 100," said Dr. Lindsay McAlpine, a neurologist who is director of the Yale NeuroCovid Clinic in New Haven, Connecticut. That revving of the immune response leads to both a "wide swath of inflammation" and excessive blood clotting, she said.

"Perhaps the viral replication is going on in the lungs and nasopharynx (the area at the top of the throat that connects the nose to the respiratory system). But the inflammation that the virus triggers is systemic," McAlpine said.

From: **Beyond breathing: How COVID-19 affects your heart, brain and other organs**

Even children are not safe.

'Coding' errors prompt retraction of paper on long COVID in kids

JAMA Pediatrics has retracted a controversial 2023 paper on the incidence of long COVID in children after the authors discovered a raft of "coding" errors in their analysis that greatly underestimated the risk of the condition.

The article – a research letter titled "Post–COVID-19 Condition in Children" – was written by a group of researchers in Canada led by Lyndsey Hahn, of the University of Alberta, in Edmonton. It has been cited eight times, according to Clarivate Analytics' Web of Science, and garnered **significant attention** on **mainstream** and

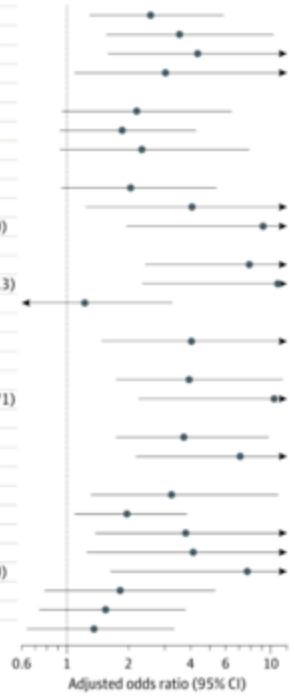
> social media sites, including by critics who said the authors fatally botched the definition of long COVID.
>
> According to the authors, the incidence of long covid in kids was "strikingly low", occurring in just 0.4% of young patients. Symptoms of infection in kids typically resolve within two weeks, they added.

From: **'Coding' errors prompt retraction of paper on long COVID in kids**

On top of that retraction, a study was published that showed kids are being impacted by long covid quite significantly and it is far from rare:

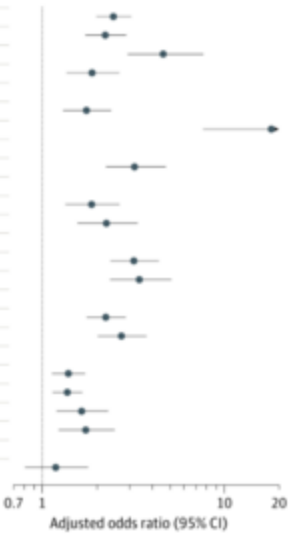
A School-age children (6-11 y)

Symptoms	No. (%) Infected (n = 751)	Uninfected (n = 147)	Adjusted risk difference (95% CI), %	Adjusted odds ratio (95% CI)
General symptoms				
Daytime tiredness, sleepiness, or low energy	96 (12.8)	8 (5.4)	7.4 (2.9 to 11.9)	2.57 (1.29 to 5.87)
Trouble sleeping	83 (11.1)	5 (3.4)	7.7 (4 to 11.4)	3.56 (1.56 to 10.28)
Tired after walking	64 (8.5)	3 (2)	6.3 (3.1 to 9.5)	4.38 (1.59 to 18.14)
Poor appetite	49 (6.5)	3 (2)	3.9 (1 to 6.8)	3.04 (1.09 to 12.68)
Eye, ear, nose, and throat				
Dark circles	51 (6.8)	5 (3.4)	3.8 (0.3 to 7.2)	2.20 (0.94 to 6.42)
Stuffy nose	81 (10.8)	8 (5.4)	4.2 (-0.1 to 8.5)	1.86 (0.92 to 4.29)
Chapped lips	51 (6.8)	4 (2.7)	3.4 (0.2 to 6.6)	2.33 (0.93 to 7.82)
Heart and lungs				
Dry cough	64 (8.5)	6 (4.1)	3.9 (0.2 to 7.7)	2.05 (0.94 to 5.41)
Palpitation during exercise	41 (5.5)	2 (1.4)	4 (1.5 to 6.5)	4.11 (1.24 to 25.43)
Feeling lightheaded or dizzy	43 (5.7)	1 (0.7)	5.2 (3 to 7.3)	9.16 (1.96 to 163.19)
Stomach				
Stomach pain	72 (9.6)	2 (1.4)	8.3 (5.4 to 11.2)	7.84 (2.42 to 48.1)
Nausea or vomiting	52 (6.9)	1 (0.7)	6.2 (3.9 to 8.5)	10.81 (2.34 to 192.13)
Constipation	38 (5.1)	6 (4.1)	0.9 (-2.7 to 4.5)	1.22 (0.54 to 3.28)
Skin, hair, and nails				
Itchy skin or skin rash	60 (8)	3 (2)	5.8 (2.8 to 8.8)	4.08 (1.48 to 16.9)
Muscles and bones				
Body, muscle, or joint pain	91 (12.2)	5 (3.4)	8.8 (5 to 12.5)	3.97 (1.75 to 11.45)
Back or neck pain	49 (6.6)	1 (0.7)	5.9 (3.6 to 8.2)	10.38 (2.24 to 184.71)
Nerves and brain				
Headache	102 (13.6)	6 (4.1)	9.5 (5.4 to 13.6)	3.74 (1.74 to 9.75)
Trouble with memory or focusing	67 (9)	2 (1.4)	7.5 (4.7 to 10.3)	7.07 (2.18 to 43.4)
Feelings and behavior				
Feeling depressed	64 (8.6)	4 (2.7)	5.6 (2.3 to 8.9)	3.26 (1.31 to 10.87)
Feeling anxious	108 (14.4)	12 (8.2)	6.6 (1.5 to 11.7)	1.97 (1.09 to 3.88)
Fear about specific things	53 (7.1)	3 (2)	5.2 (2.3 to 8.2)	3.82 (1.38 to 15.86)
Fear of crowds or enclosed spaces	39 (5.2)	2 (1.4)	4 (1.4 to 6.6)	4.16 (1.25 to 25.81)
Refusing to go to school	38 (5.1)	1 (0.7)	4.3 (2.2 to 6.3)	7.66 (1.64 to 136.69)
Nightmares	46 (6.1)	5 (3.4)	2.6 (-0.7 to 5.9)	1.82 (0.78 to 5.35)
Hyperactive	54 (7.2)	7 (4.8)	2.4 (-1.5 to 6.3)	1.55 (0.73 to 3.81)
Refusing to follow rules	48 (6.4)	7 (4.8)	1.6 (-2.3 to 5.5)	1.36 (0.64 to 3.36)



B Adolescents (12-17 y)

Symptoms	No. (%) Infected (n = 3109)	Uninfected (n = 1369)	Adjusted risk difference (95% CI), %	Adjusted odds ratio (95% CI)
General symptoms				
Daytime tiredness, sleepiness, or low energy	543 (17.5)	105 (7.7)	9.3 (7.4 to 11.3)	2.47 (1.99 to 3.09)
Trouble sleeping	360 (11.6)	75 (5.5)	5.9 (4.3 to 7.6)	2.23 (1.73 to 2.90)
Tired after walking	200 (6.4)	19 (1.4)	4.8 (3.7 to 5.8)	4.63 (2.95 to 7.69)
Poor appetite	195 (6.3)	45 (3.3)	2.7 (1.5 to 4)	1.88 (1.36 to 2.66)
Eye, ear, nose, and throat				
Stuffy nose	217 (7)	56 (4.1)	2.9 (1.5 to 4.2)	1.75 (1.31 to 2.39)
Change or loss in smell or taste	162 (5.2)	4 (0.3)	4.8 (4 to 5.6)	18.16 (7.67 to 59.11)
Heart and lungs				
Feeling lightheaded or dizzy	233 (7.5)	32 (2.3)	4.8 (3.6 to 6)	3.22 (2.24 to 4.79)
Stomach				
Stomach pain	183 (5.9)	43 (3.1)	2.6 (1.3 to 3.8)	1.87 (1.35 to 2.66)
Nausea or vomiting	173 (5.6)	33 (2.4)	2.9 (1.8 to 4)	2.26 (1.57 to 3.36)
Muscles and bones				
Body, muscle, or joint pain	342 (11.1)	50 (3.7)	7.1 (5.7 to 8.6)	3.20 (2.38 to 4.38)
Back or neck pain	231 (7.5)	30 (2.2)	4.9 (3.7 to 6.1)	3.42 (2.36 to 5.14)
Nerves and brain				
Headache	410 (13.2)	84 (6.2)	6.6 (4.9 to 8.3)	2.24 (1.76 to 2.88)
Trouble with memory or focusing	296 (9.6)	50 (3.7)	5.7 (4.3 to 7.1)	2.73 (2.02 to 3.75)
Feelings and behavior				
Feeling depressed	418 (13.6)	132 (9.7)	3.3 (1.3 to 5.3)	1.39 (1.13 to 1.72)
Feeling anxious	533 (17.2)	171 (12.6)	3.9 (1.8 to 6.1)	1.38 (1.14 to 1.67)
Fear of crowds or enclosed spaces	182 (5.9)	48 (3.5)	2.2 (0.9 to 3.4)	1.65 (1.20 to 2.31)
Panic attack	163 (5.3)	40 (2.9)	2 (0.9 to 3.2)	1.74 (1.23 to 2.51)
Menstruation				
Heavy periods	108 (7.9)	35 (6.7)	0.9 (-0.2 to 2)	1.19 (0.81 to 1.79)



From: **Characterizing Long COVID in Children and Adolescents JAMA. Published online August 21, 2024. doi:10.1001/jama.2024.12747**

“I thought long covid was rare?”

Long covid is the result of about 5-20% of every infection

(conservative back of the napkin estimate based on many studies) which means 5 to 20 of every 100 covid infections results in long covid. That's far from rare:

> The World Health Organization, on the other hand, defines a rare disease as one that strikes **fewer than 65 per 100,000** people.

From: **www.jnj.com/...**

The CDC should be tweeting about this and encouraging folks to wear masks in public more often even if there aren't requirements to do so. **Perfection shouldn't be the enemy of good**. Instead, they walk right up to the line and then then falter:

> Breathe easy with cleaner air! Open windows, use air purifiers, and maintain your HVAC systems to help reduce the spread of COVID-19 and other respiratory viruses.
>
> For more tips for cleaner air, visit: **https://t.co/cZlV1fBMmu pic.twitter.com/ZcLpZvj6pC**
>
> — CDC (@CDCgov) **August 28, 2024**

Or, they make the covid maps happy pastel colors:

@pacoonpause

probably not the blue wave a lot of people were hoping for.

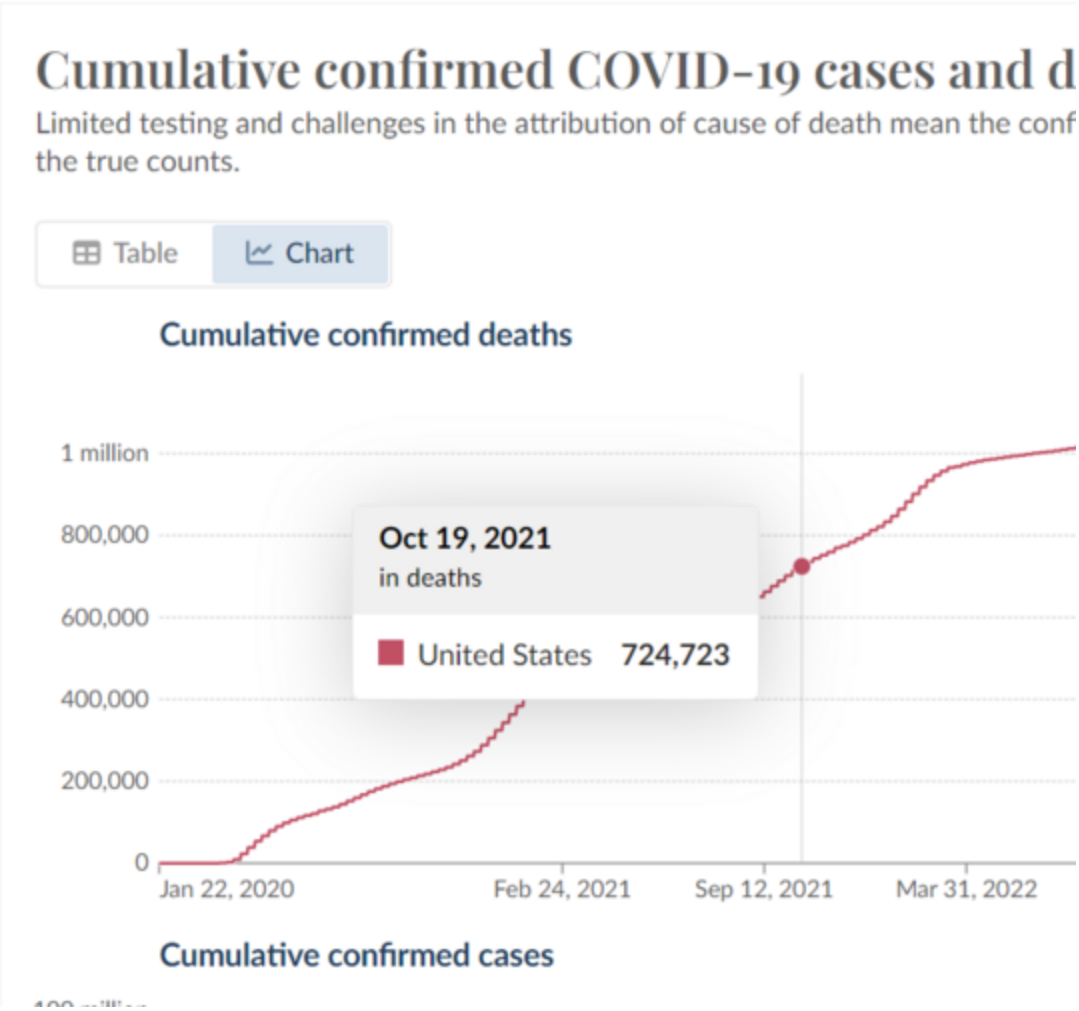
♬ original sound - PacoOnPause

Oddly, the last Surgeon General **Dr. Jerome Adams** gives better covid advice than the current:

> 1 out of every 41 people in the US currently have Covid, with 1.2 million new infections daily. By the time updated vaccines are widely available, much of America will have already been recently infected. Another disappointing misstep in our handling of Covid-19. 😞 **https://t.co/7rpijsJTGG**
>
> — Jerome Adams (@JeromeAdamsMD) **August 28, 2024**

Strangely, Democrats are campaigning on the CDCs handling of covid, but here are the cumulative deaths around inauguration day:

About 9 months later the body count had risen nearly as much as it did during the last 9 months of the previous term:



Given the vaccines were rolling out by the time Democrats were taking the lead, this is obviously a huge sign that the CDC could have done better. The cumulative deaths should have risen much less than during the last nine months of the previous administration.

Instead, Dr. Ashish Jha was on the nightly news nearly every night in December of 2021 saying it was safe to gather for the holidays just as Omicron was hitting the US. What followed was tens of thousands of deaths in late 2021 and early 2022.

Where are we now? We are approaching the mid 1 million's mark. And all of the above are likely undercounts especially now that

testing is hardly being done.

Part of the problem is vaccine uptake. That was largely conspiracy theory driven, as well as just pure dishonesty by fringe doctors such as Dr. Joseph Ladapo, Dr. Vinay Prasad and others. Adding insult to injury was the minimization of covid by those on the left such as President Biden, Ashish Jha, Mandy Cohen, and more. If folks are misled to believe that covid has become benign, why would they continue to get boosted?

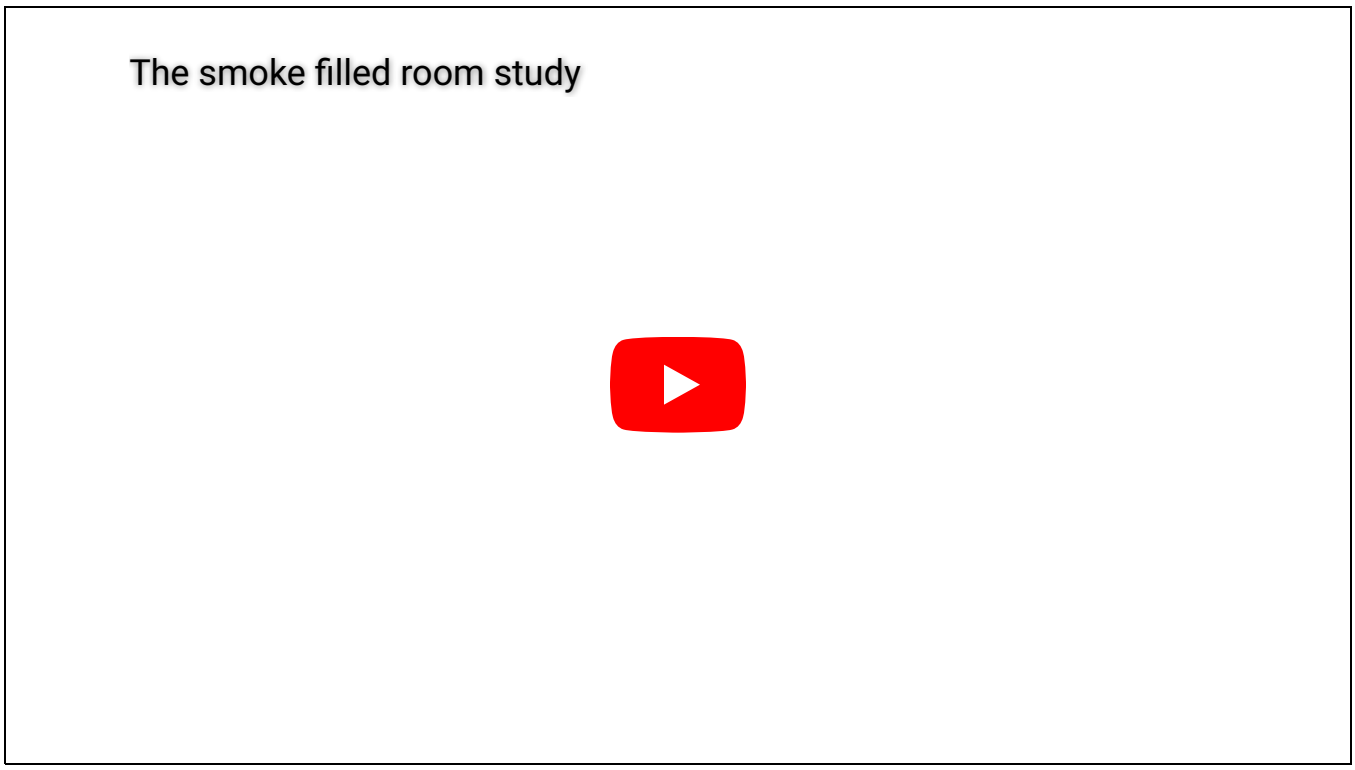
> Efforts to delegitimize public health are widespread in the US, from governors, led by Ron DeSantis in Florida, members of Congress like Rand Paul, and conservative jurists, bankrolled by right-wing foundations and think tanks, who seek to roll back key public health powers, authorities, and programs, and who suggest that key scientists are part of conspiracies to hide the origins of Covid.
>
> But some American liberals have also consistently undermined public health in the last few years, chiefly by setting themselves up as arbiters of the wisdom of Covid policy and relentlessly working to get Covid-related health measures rolled back. Others directly took on the collective nature of public health approaches to Covid, suggesting that this kind of vision was outdated and that individualized risk assessment and action should be paramount.
>
> In a sad case of Stockholm Syndrome, many public health leaders,

> including CDC Director Mandy Cohen, have identified a need **to regain the trust of the American people**, while never admitting that that there is an **active project** to undermine the agency and public health in general. By ignoring the political machinations at work, public health plays into the hands of the right, by suggesting all these wounds to public confidence are self-inflicted.

From: **Biden Failed Us on Public Health. Harris Must Do Better**

When will folks get sick and tired of being sick and tired? When will folks get tired of using up all of their sick or vacation time to take sick time? When will hourly workers get tired of losing pay due to illness?

Don't let yourself become one of these folks who smells fire, but doesn't move because others don't:



Get a good respirator and wear it as much as you can tolerate. **Don't let perfect be the enemy of good.**

If avian flu takes off, you will already be fully prepared if you have one along with some spares or spare filters. You won't have to hunker down in fear due to shortages on N-95's or better as you'll already have them.

> The US is making the same mistakes with the H5N1 bird flu virus as with Covid, even as the highly pathogenic avian influenza continues spreading on American farms and raising alarms that it could mutate to become a pandemic, public health experts argue in the New England Journal of Medicine.
>
> "We're closing our eyes to both the Covid pandemic and to a potential nascent bird flu [pandemic] on the horizon," said Gregg

Gonsalves, associate professor of epidemiology at the Yale School of Public **Health** and co-author of the article. “Our ability to react swiftly and decisively is the big problem.”

From: **US repeating Covid mistakes with bird flu as spread raises alarm, experts say**

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10 TAGS

#AvianFlu #CDC #H5N1 #Health #Leadership #Pandemic #PublicHealth #Covid-19 #Covid #AnthonyLeonardi

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